





October

November

SONSHINE GARDENS DAYCARE & PRESCHOOL SNACK & LUNCH MENU

Meal	Monday – Oct 28	Tuesday – Oct 29	Wednesday – Oct 30	Thursday – Oct 31	Friday – Nov 1
AM SNACK 	Cereal & Bananas Milk	Fruit Bar Pears Milk	English Muffins Grapes Milk	Bagels Mandarin Oranges Milk	Yogurt Granola Milk
LUNCH 	Fish Sticks Tator-Tots Peaches Water	Grilled Cheese w/ Ham Sandwich Sliced Apples Water	Chicken Nuggets Mashed Potatoes Pineapples Water	Spaghetti and Meatballs Fruit Cocktail Water	Pizza Sliced Cucumber Fruit Water 
PM SNACK 	Pretzels Cuties Water	Popcorn Oranges Water	Animal Crackers Fruit Snacks Water	Graham Crackers Yogurt Covered Raisin Water	Cheeze-its String cheese Water

Breakfast is not included.

Please let us know if your child has any special nutritional needs or allergies to any food items and we will work together to create a menu that meets your child's needs. Our dietician will prepare a new menu each week.